

CLAIMS

I claim:

1. An exercise apparatus, comprising:

5 a platform, having a top, bottom, and sides, wherein the platform is adapted to be substantially vertically and horizontally positionable, and wherein the top is a substantially flat support surface; and

a sleeved means for generating a resistance force for exercising muscle groups of the body of a user.

2. An exercise apparatus, comprising:

10 a platform, having a top, bottom, and sides, wherein the platform is adapted to be substantially vertically and horizontally positionable, and wherein the top is a substantially flat support surface;

at least one guide member, each guide member having a first end and a second end, attached to the platform and running along the bottom of the platform, from one side to the opposite side of said platform; and

15

at least one resistance cable, each resistance cable trained through a different guide member, and each resistance cable having a first cable end and a second cable end.

3. The exercise apparatus of claim 2, further comprising

a plurality of first and second connectors, wherein each first connector and each second connector is attached to a different first and second cable end, respectively.

4. The exercise apparatus of claim 3, further comprising

5 a plurality of first and second user interface members, wherein each first interface member and each second interface member is attached to a different first and second cable end, respectively.

5. The exercise apparatus of claims 2-4, wherein each resistance cable has a different resistance strength.

10